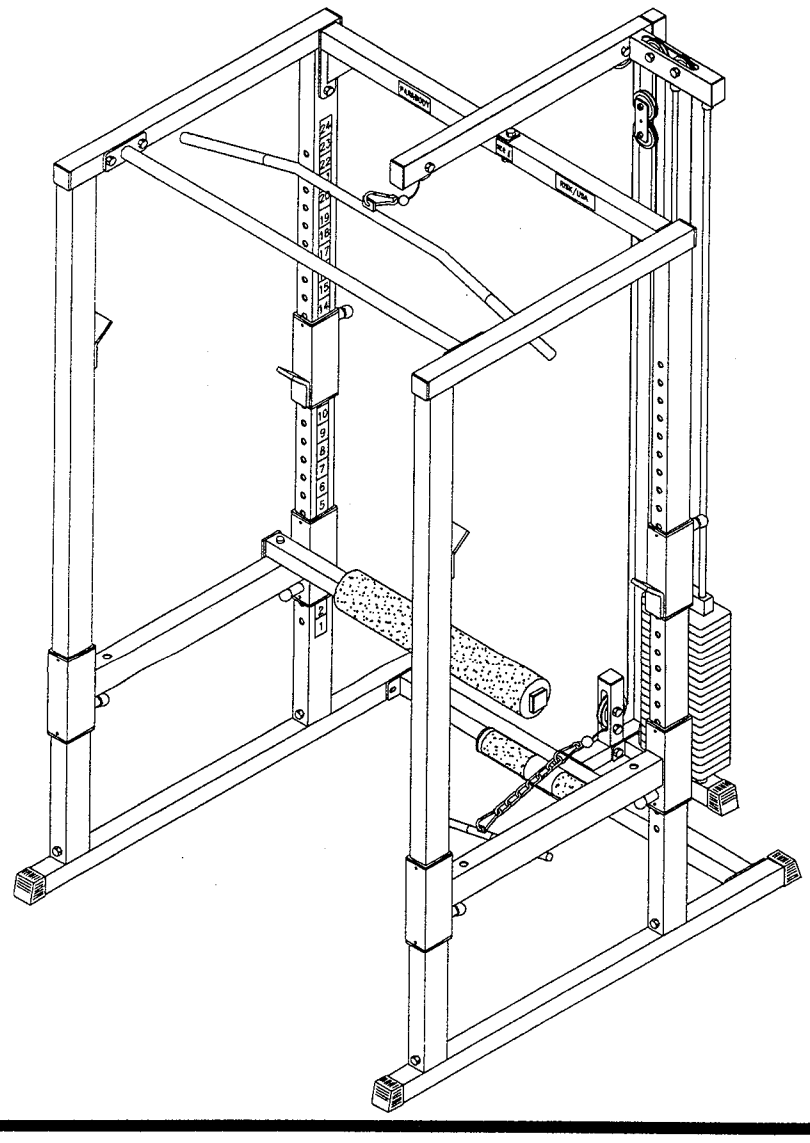
PARABODY

Serious Steel

841101 WEIGHT STACK OPTION



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

WELCOME TO THE WORLD OF *Serious Steel!*

Please note:

* Thank you for purchasing the Parabody 841101 WEIGHT STACK OPTION. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

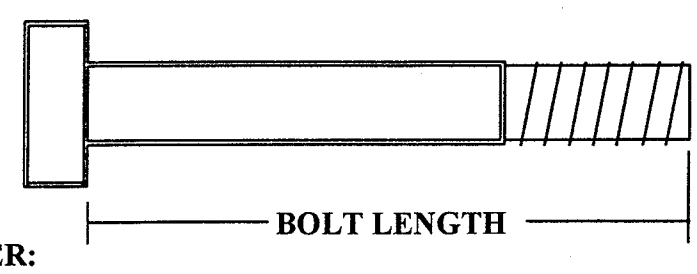
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.
5. Consult a physician before beginning any exercise program.

Tools Required for Assembly

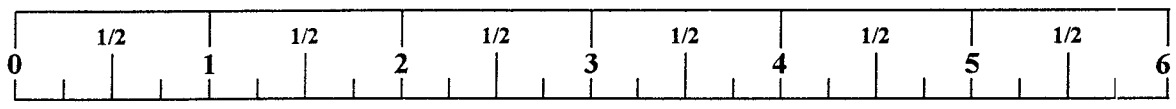
* 3/4" wrench
* 9/16" wrench
* Ratchet with 3/4" and 9/16" sockets
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6745003	UPRIGHT	1	23	3102901	3/8 X 1-1/4" BOLT	1
2	6753703	TOP BOOM	1	24	3102933	3/8 X 2" BOLT	2
3	6274402	LOW ROW BAR	1	25	3102922	3/8 X 2-3/4" BOLT	6
4	6275302	LAT BAR	1	26	3102904	3/8 X 3" BOLT	2
5	6609002	LOW ROW ATTACHMENT	1	27	3102915	3/8 X 3-1/4" BOLT	2
6	6610402	KNEE SUPPORT	1	28	3102918	1/2 X 3" BOLT	4
7	6750503	WEIGHT STACK BASE	1	29	3102502	1/2" WASHER	4
8	6176201	ROLLER PAD	2	30	3102801	1/2" LOCK NUT	3
9	6754501	79-1/2" GUIDE ROD	2	31	3102501	3/8" WASHER	11
10	6189501	WEIGHT STACK LABEL	1	32	3102802	3/8" LOCK NUT	12
11	3116101	4-1/2" PULLEY	1	33	6480301	3/8" FLANGE SPACER	10
12	3116201	3-1/2" PULLEY	6	34	6692601	3 X 2" END CAP	2
13	6284501	WEIGHT STACK SHAFT	1	35	3119301	2-1/2" ROUND END CAP	2
14	6714601	HEAD PLATE	1	36	6405201	2" SQ. END CAP	2
15	6758701	LAT CABLE	1	37	6236701	1-3/4" SQ. END CAP	1
16	6577701	LOW ROW CABLE	1	38	6177001	NON-SKID STRIP	2
17	6542403	1-3/4" X 5-1/4" PLATE	2	39	6214401	SELECTOR PIN	1
18	3103102	1 X 8" GRIP	4	40	3013801	5/16" SNAP LINK	3
19	3108002	WEIGHT STACK CUSHION	2	41	6075906	12 LINK CHAIN	1
20	6595201	GUIDE ROD BUSHING	2	42	6382301	PLATE BUSHING 10 CT	4
21	3117401	CAP PLUG	4	43	6214501	WEIGHT PLATE	20
22	6467007	2" SQ COVER CAP	1				

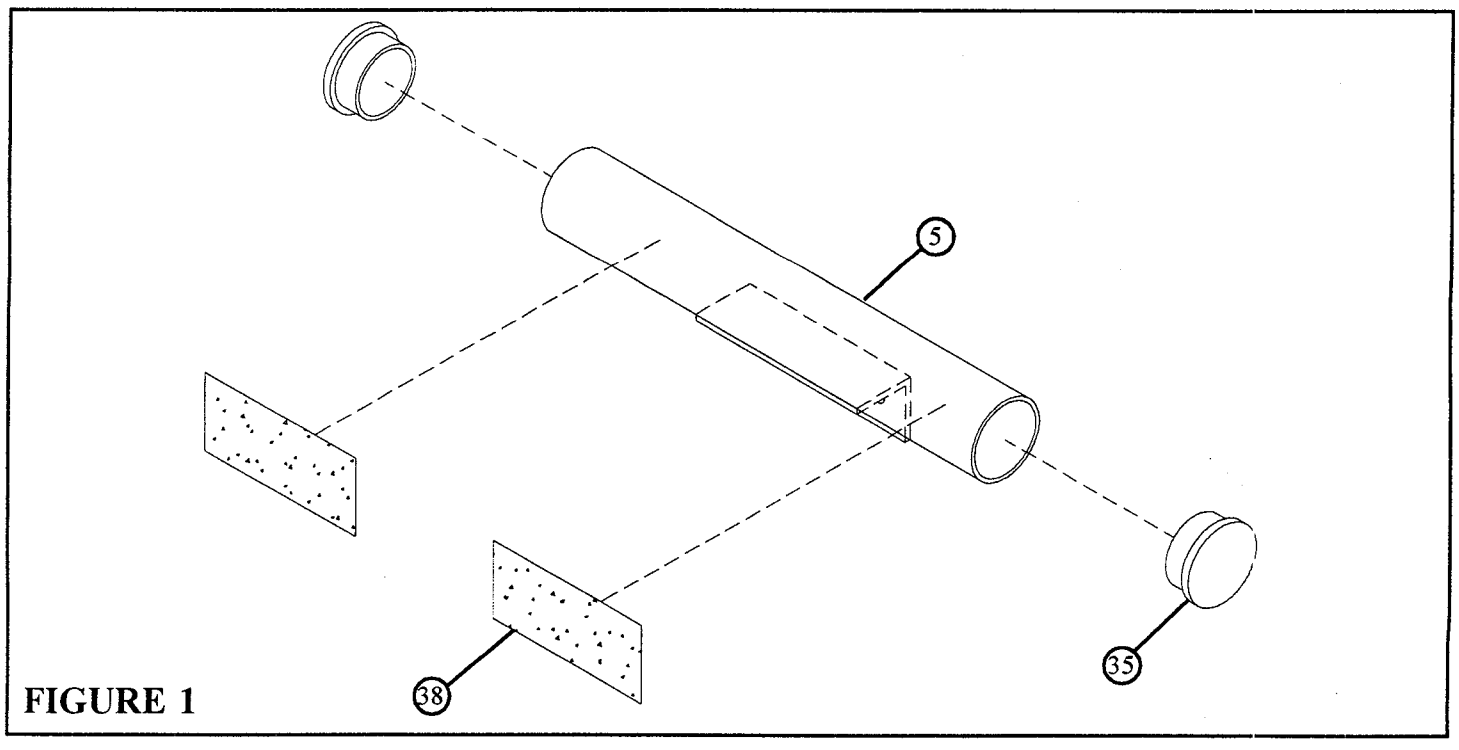


FIGURE 1

STEP 1:

- Insert two 2-1/2" ROUND END CAPS (35) to the LOW ROW ATTACHMENT (5) as shown in FIGURE 1.
- Attach two NON-SKID STRIPS (38) to the LOW ROW ATTACHMENT (5) as shown in FIGURE 1.

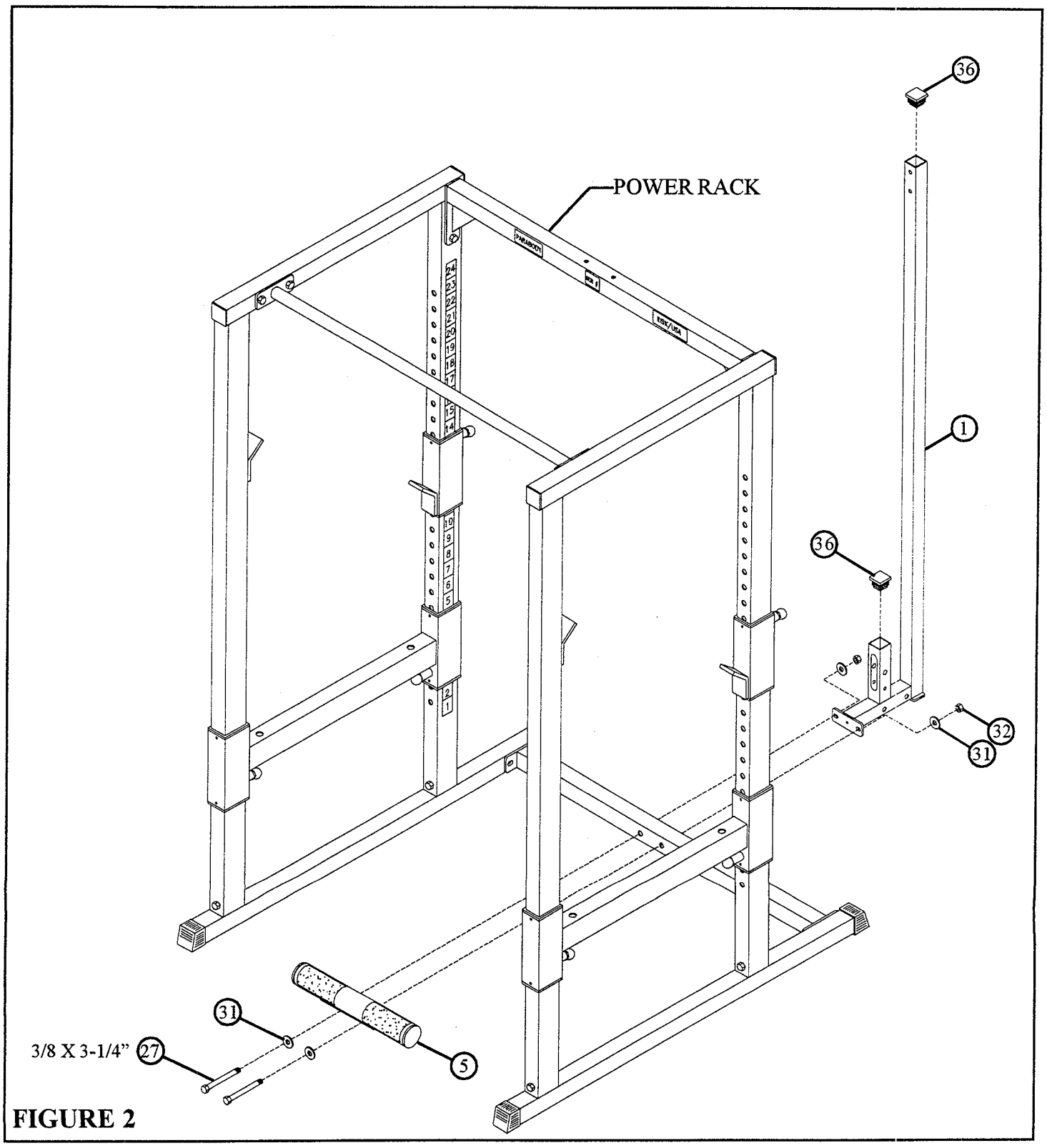
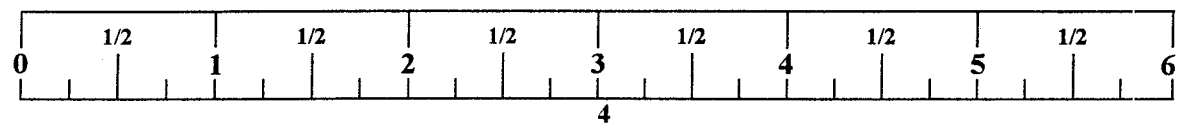


FIGURE 2

STEP 2:

- Insert two 2" SQ ENDCAPS (36) into the ends of the UPRIGHT (1) as shown in FIGURE 2.
- **SECURELY** assemble the LOW ROW ATTACHMENT (5) and the UPRIGHT (1) to the POWER RACK using two 3/8 X 3-1/4" BOLTS (27), four 3/8" WASHERS (31), and two 3/8" LOCK NUTS (32). See FIGURE 2.



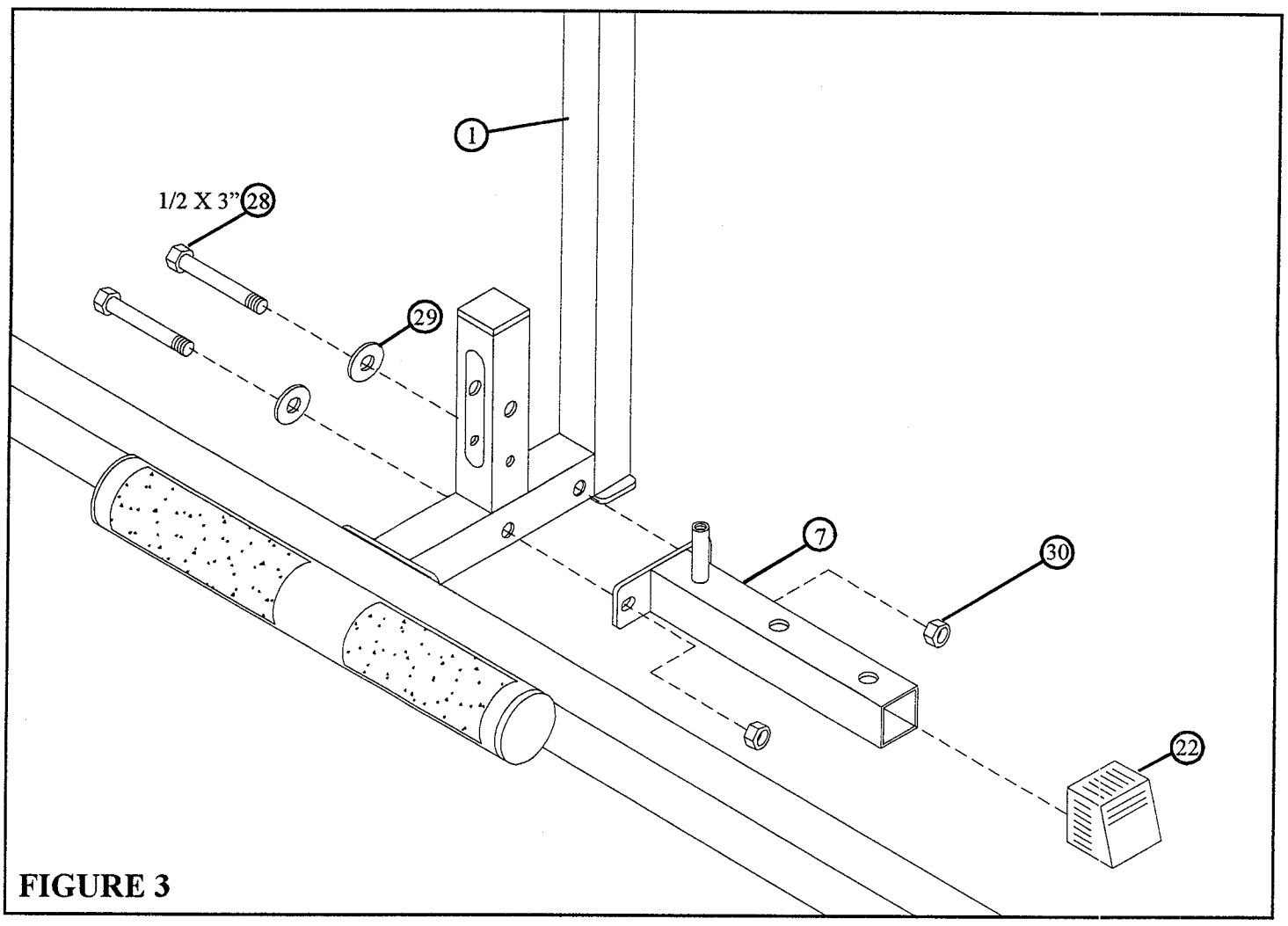


FIGURE 3

STEP 3

- Slide one 2" SQ. COVER CAP (22) over the end of the WEIGHT STACK BASE (7) as shown in FIGURE 3.
- **SECURELY** assemble the WEIGHT STACK BASE (7) to the UPRIGHT (1) using two 1/2 X 3" BOLTS (28), two 1/2" WASHERS (29), and two 1/2" LOCK NUTS (30) as shown in FIGURE 3.

STEP 4

- Insert two WEIGHT PLATE BUSHINGS (42) into the "PARABODY" side of each of the twenty WEIGHT PLATES (43) as shown in FIGURE 4.

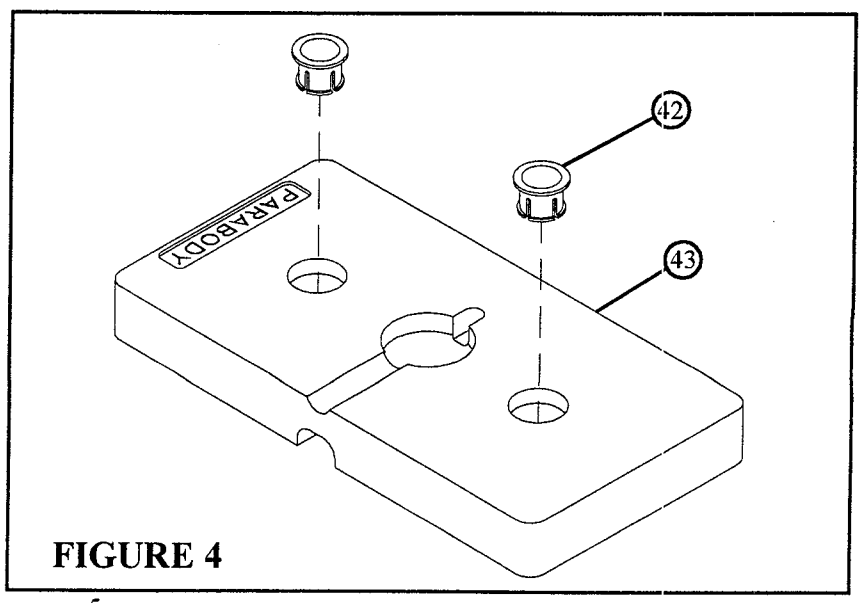


FIGURE 4

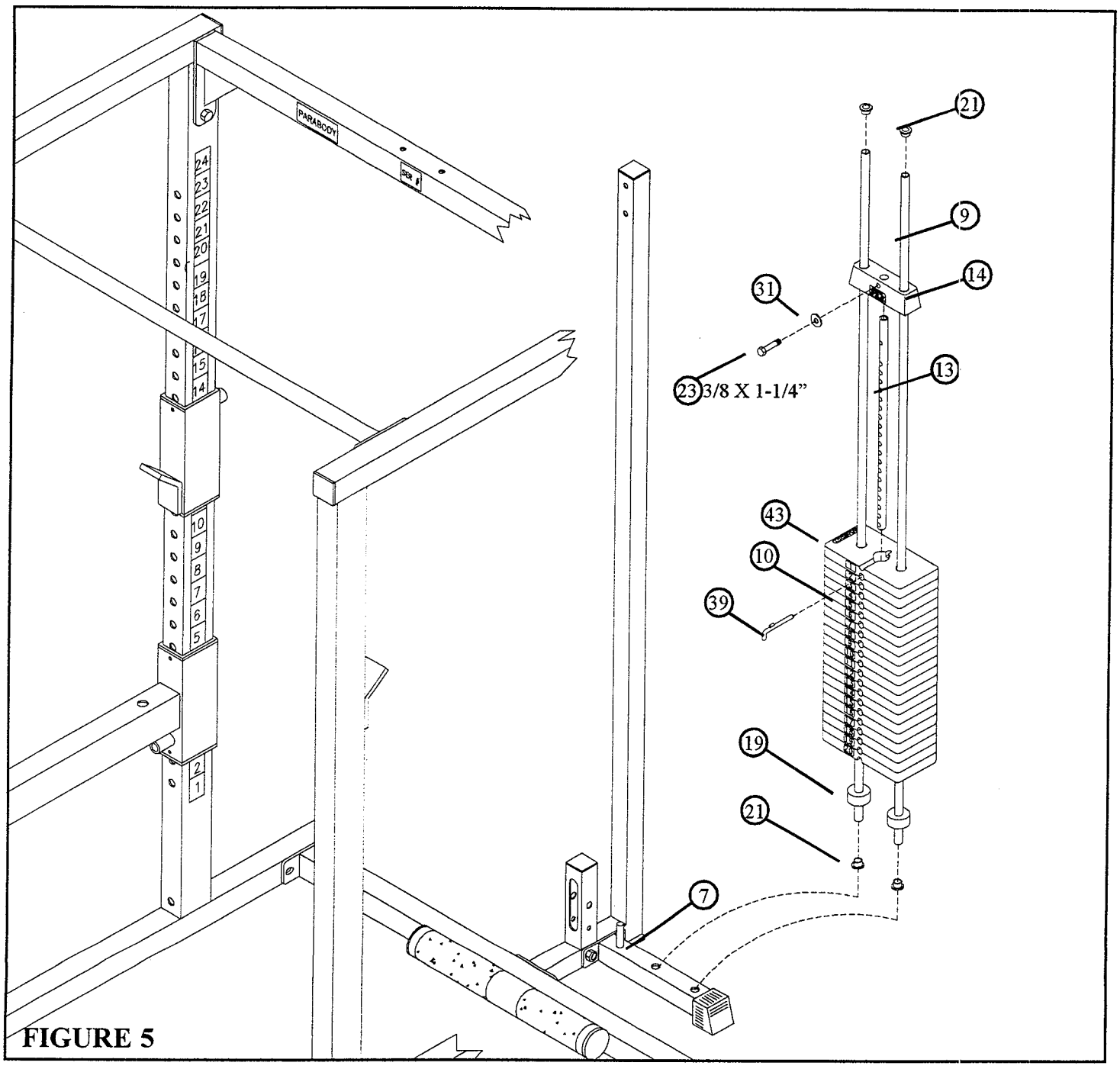


FIGURE 5

STEP 5:

- Insert four CAP PLUGS (21) into the bottom end & top end of the two GUIDE RODS (9) as shown in FIGURE 5.
- Securely assemble the WEIGHT STACK SHAFT (13) to the HEAD PLATE (14) using one 3/8 X 1-1/4" BOLT (23) and one 3/8" WASHER (31).
- Insert two GUIDE RODS (9) into the WEIGHT STACK BASE (7) as shown on FIGURE 5. **(NOTE: Lubricate GUIDE RODS (9) with silicon or teflon spray available at most hardware stores.)**
- Slide two WEIGHT STACK CUSHIONS (19) down over the GUIDE RODS (9).
- Using **EXTREME CARE** slide all twenty WEIGHT PLATES (43) down over the GUIDE RODS (9) on to the WEIGHT STACK CUSHIONS (19). Make sure that the keyholes of the WEIGHT PLATES (43) are all facing the right way.
- **CAREFULLY** slide the HEAD PLATE ASSEMBLY down over the GUIDE RODS (9) onto the WEIGHT STACK.
- Attach the WEIGHT STACK LABELS (10) to the WEIGHT STACK. Also insert the WEIGHT STACK SELECTOR PIN (39) into the first WEIGHT PLATE (43) of the WEIGHT STACK.

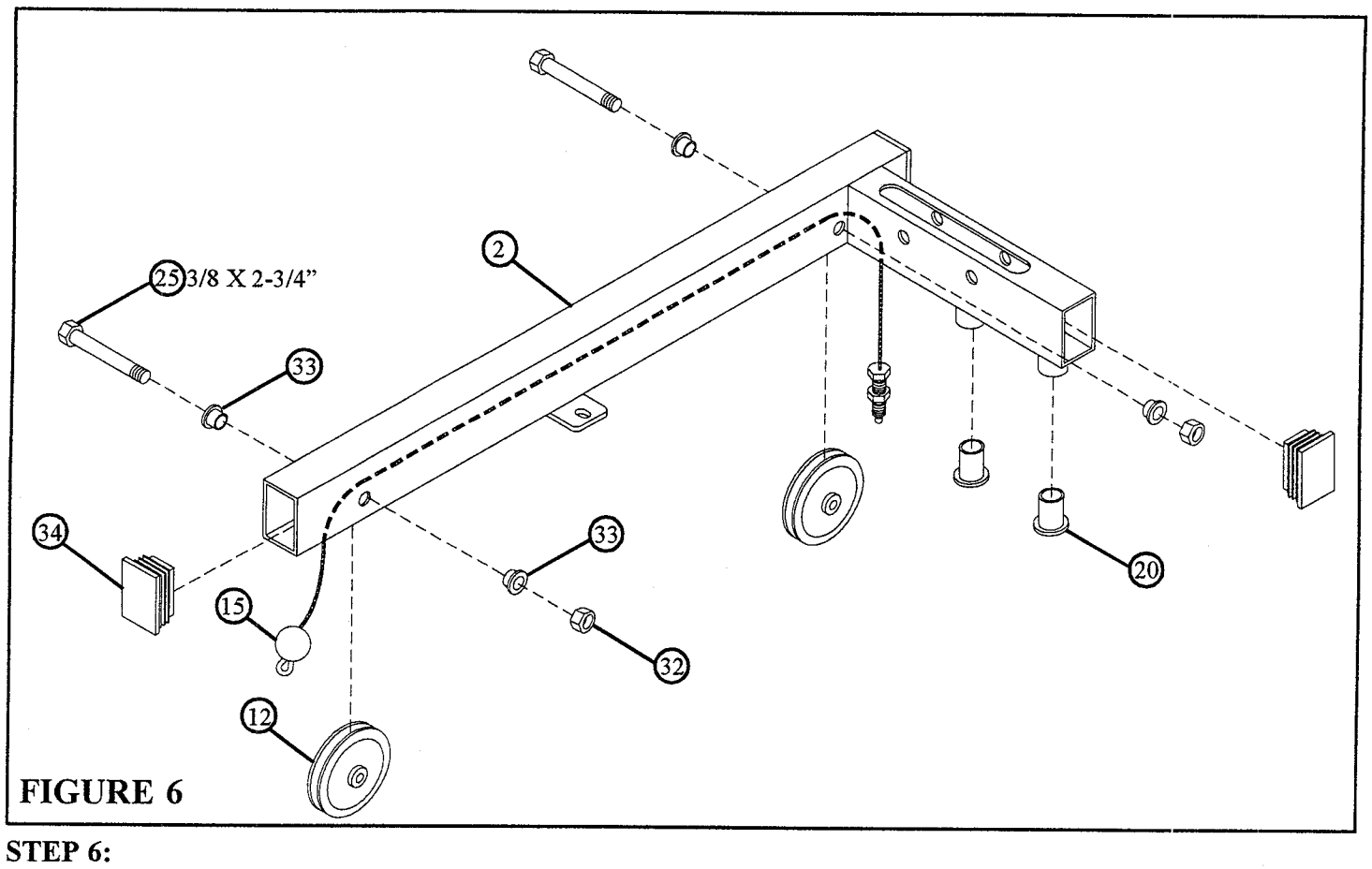


FIGURE 6

STEP 6:

- Insert two 2 X 3" END CAPS (34) into the TOP BOOM (2) as shown in FIGURE 6.
- Route threaded end of the LAT CABLE (15) through the TOP BOOM (2) as shown in FIGURE 6.
- **SECURELY** assemble two 3-1/2" PULLEYS (12) to the TOP BOOM (2) using two 3/8 X 2-3/4" BOLTS (25), four 3/8" FLANGE SPACERS (33), and two 3/8" LOCK NUTS (32). See FIGURE 6. **(NOTE: BEFORE TIGHTENING, MAKE SURE CABLE (15) IS IN THE GROOVES OF THE PULLEYS.)**
- Insert two GUIDE ROD BUSHINGS (20) into the BUSHINGS of the TOP BOOM (2) as shown in FIGURE 6.

STEP 7

- **LOOSELY** assemble two 3-1/2" PULLEYS (12) to two 1-3/4" X 5-1/4" PLATES (17) using two 3/8 X 2" BOLTS (24) and two 3/8" LOCK NUTS (32) as shown in FIGURE 7.

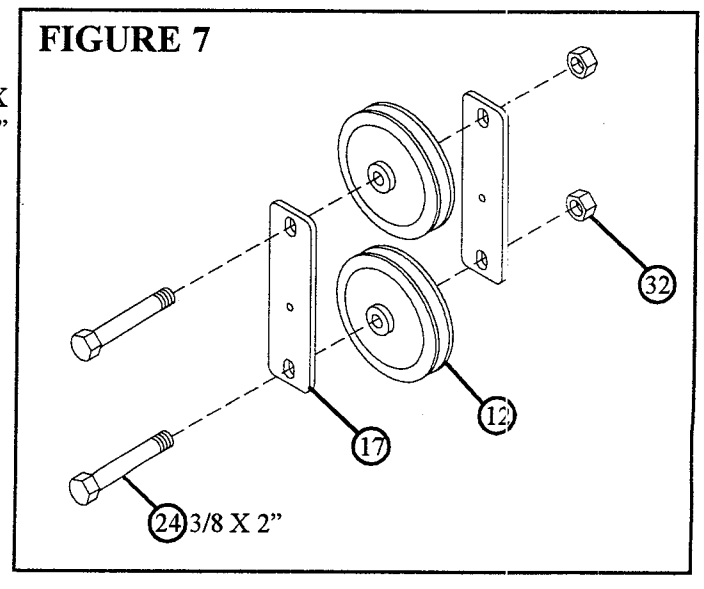
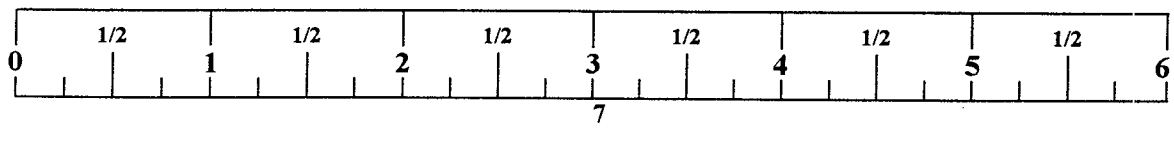


FIGURE 7



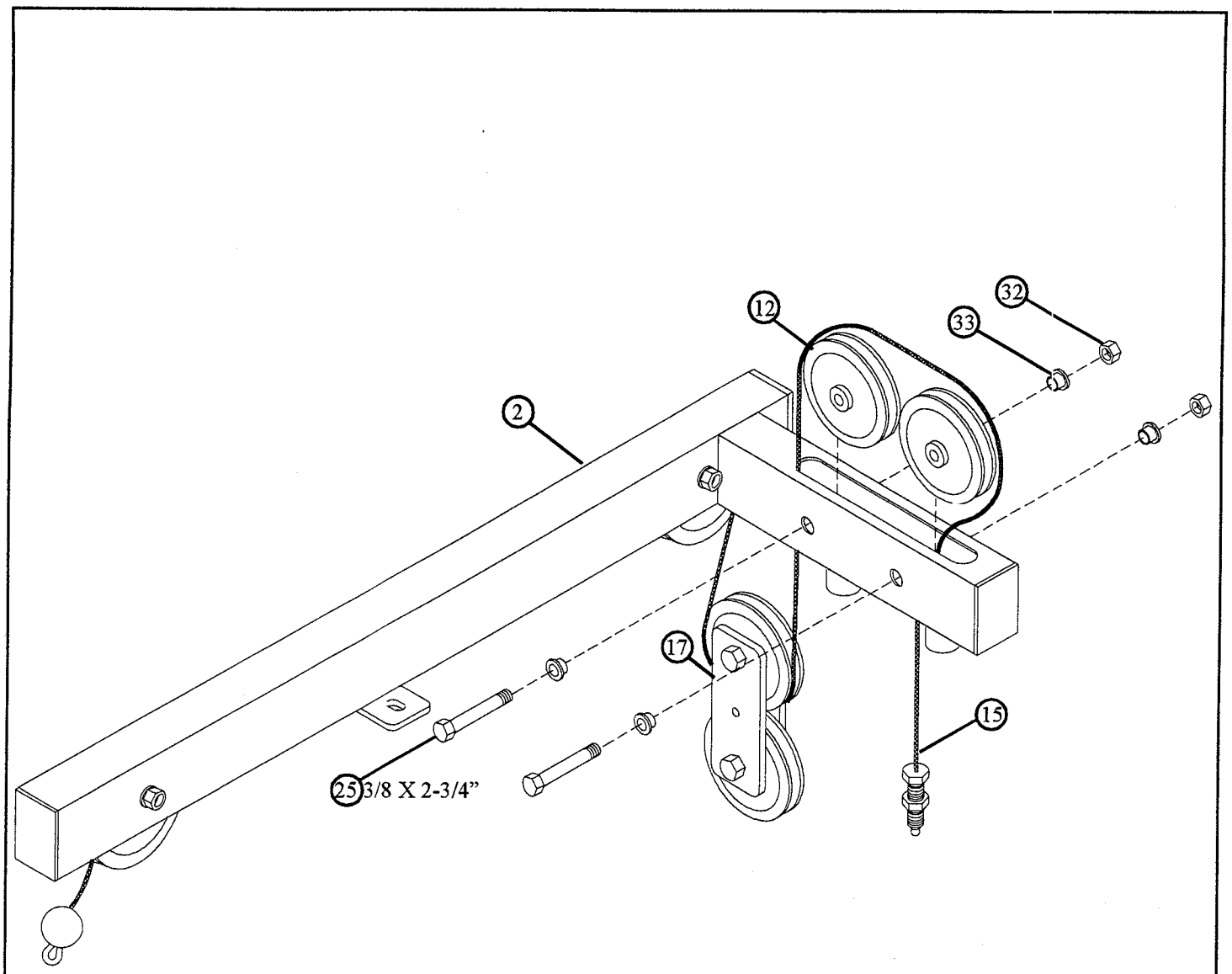


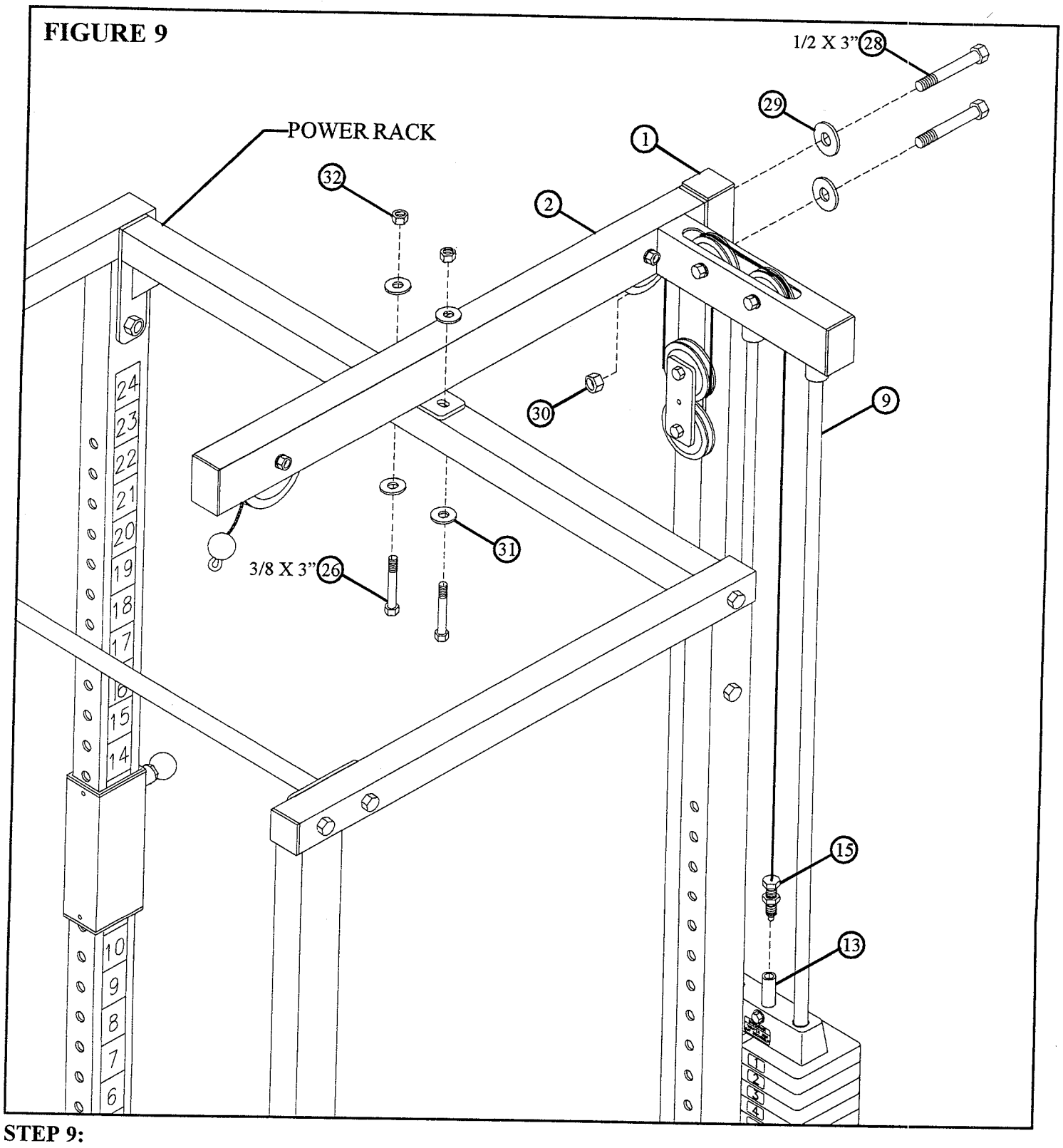
FIGURE 8

STEP 8:

- Route threaded end of the LAT CABLE (15) around the one of the PULLEYS in PLATE & PULLEY ASSEMBLY (17) and through the holes in the TOP BOOM (2) as shown in FIGURE 8.

- **SECURELY** assemble two 3-1/2” PULLEYS (12) to the TOP BOOM (2) using two 3/8 X 2-3/4” BOLTS (25), four 3/8” FLANGE SPACERS (33), and two 3/8” LOCK NUTS (32). See FIGURE 8. **(NOTE: BEFORE TIGHTENING, MAKE SURE CABLE (15) IS IN THE GROOVES OF THE PULLEYS.)**

FIGURE 9



STEP 9:

- Swing the GUIDE RODS (9) under the TOP BOOM (2) as shown on FIGURE 9.
- Assemble the TOP BOOM (2) over the GUIDE RODS (9) and **SECURELY** assemble the TOP BOOM (2) to the UPRIGHT (1) using two 1/2 X 3" BOLTS (28), two 1/2" WASHERS (29), and one 1/2" LOCK NUT (30). See FIGURE 9.
- **SECURELY** assemble the TOP BOOM (2) to the top of the POWER RACK using two 3/8 X 3" BOLTS (26), four 3/8" WASHERS (31), and two 3/8" LOCK NUTS (32). See FIGURE 9.
- Screw the threaded end of the LAT CABLE (15) approximately 3/4" into the end of the WEIGHT STACK SHAFT (13) and tighten jam nut securely. See FIGURE 9.

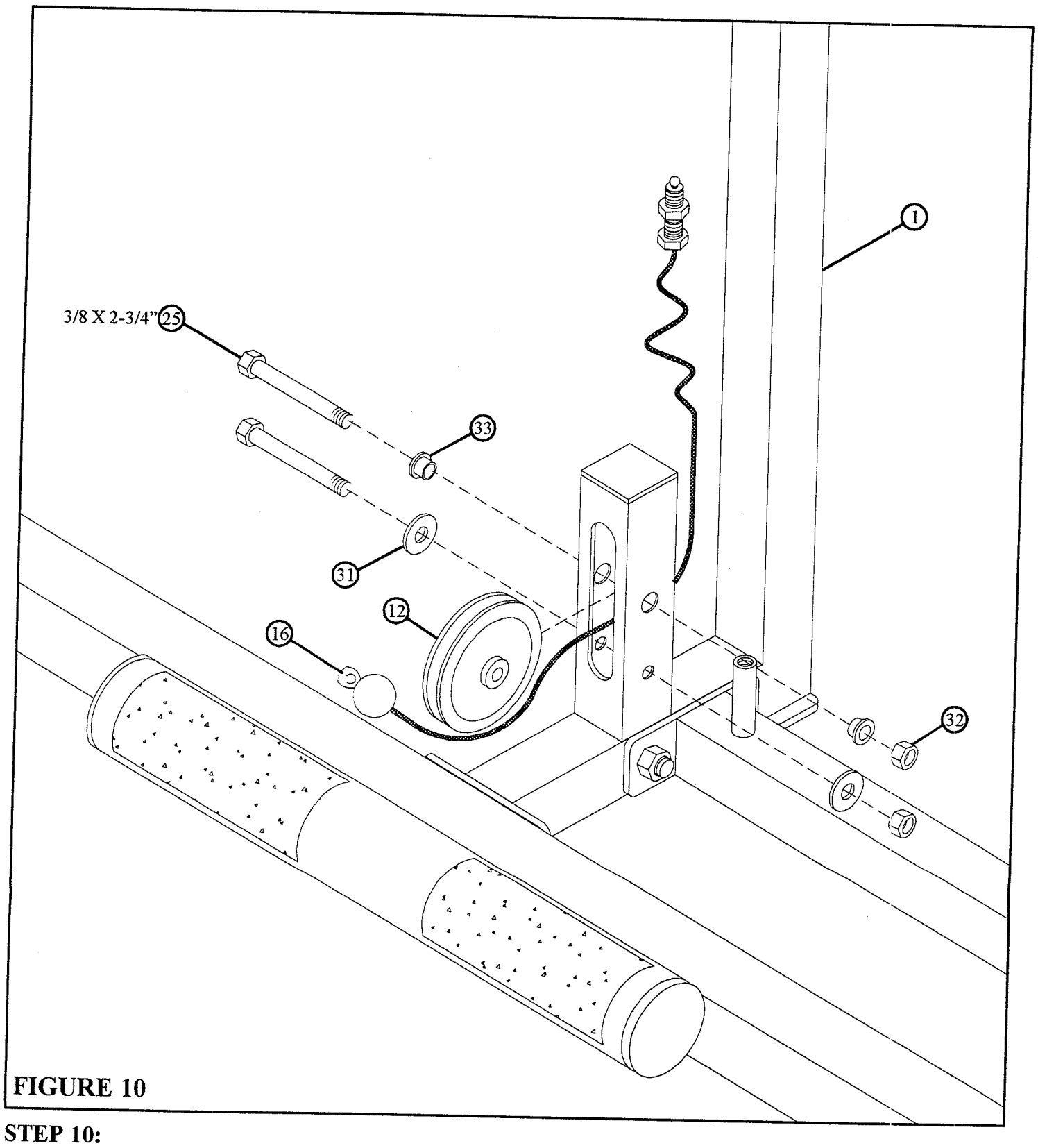


FIGURE 10

STEP 10:

- Loop the ball end of the LOW ROW CABLE (16) around one 3-1/2" PULLEY (12) and **SECURELY** assemble the 3-1/2" PULLEY (12) to the UPRIGHT (1) using two 3/8 X 2-3/4" BOLTS (25), two 3/8" FLANGE SPACERS (33), two 3/8" WASHERS (31), and two 3/8" LOCKNUTS (32). **(NOTE: Make sure CABLE is routed between the PULLEY and the retaining bolt as shown in FIGURE 10.)**

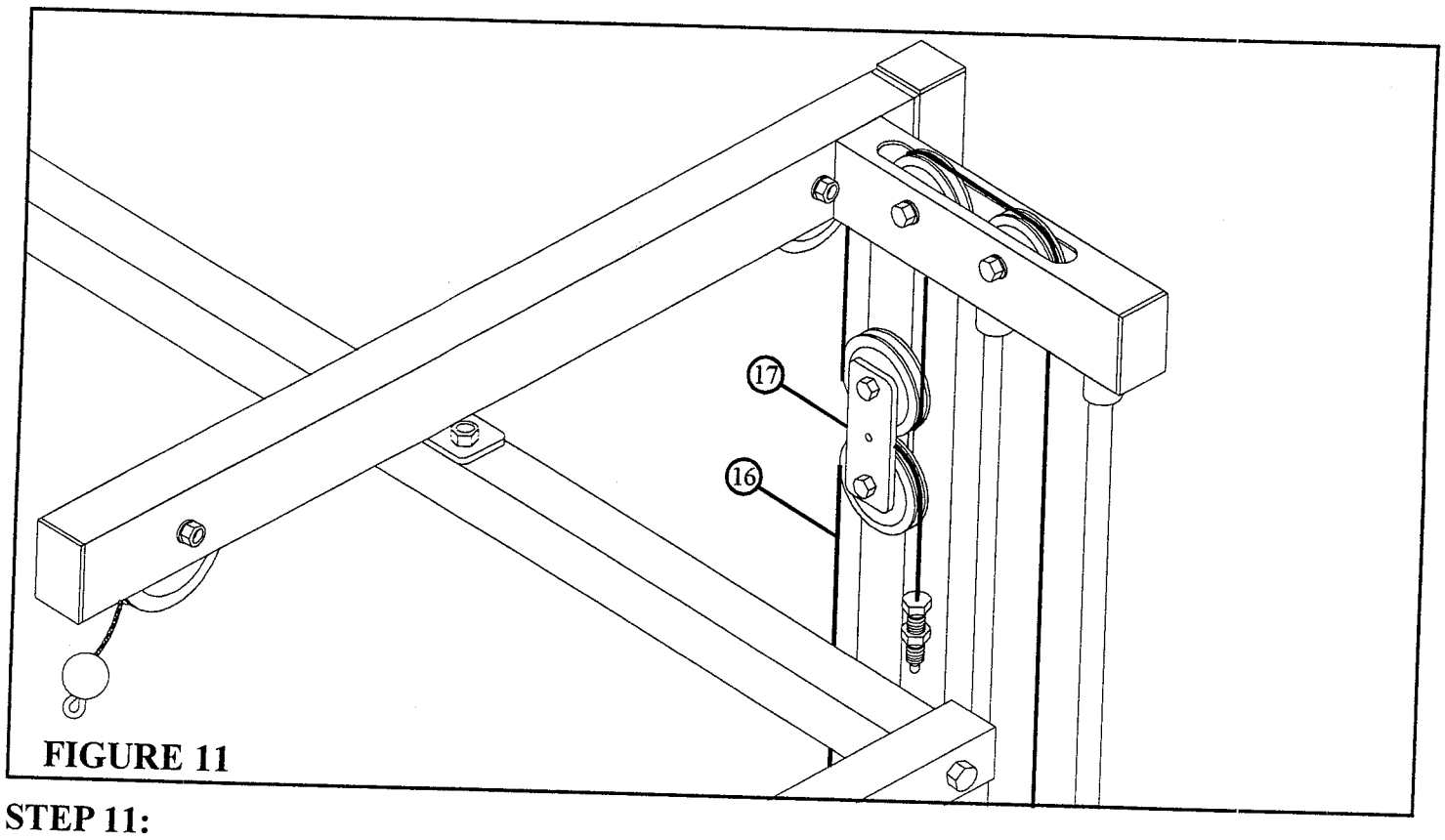


FIGURE 11

STEP 11:

- Route the threaded end of the LOW ROW CABLE (16) around the bottom PULLEY of the PULLEY & PLATE ASSEMBLY (17) as shown in FIGURE 11.

STEP 12:

- Screw the threaded end of the LOW ROW CABLE (16) approximately 3/4" into the end of the post on the WEIGHT STACK BASE (7) and tighten jam nut securely. See FIGURE 12.

- **SECURELY** tighten the BOLTS in the PULLEY & PLATE ASSEMBLY (17) as shown in FIGURE 11.

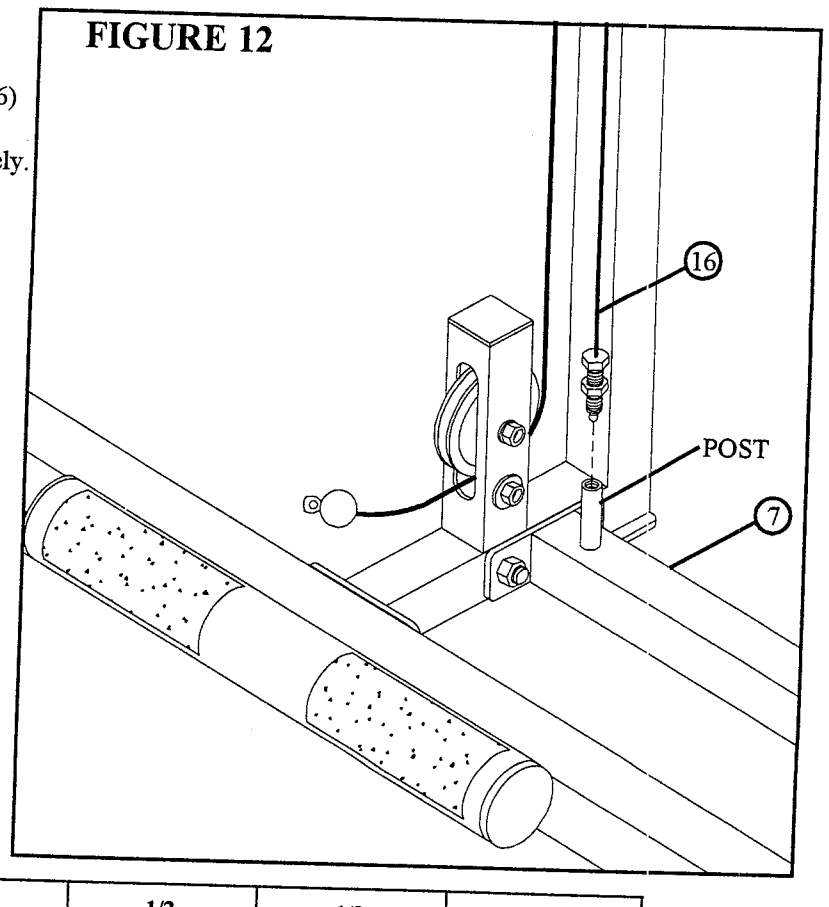


FIGURE 12

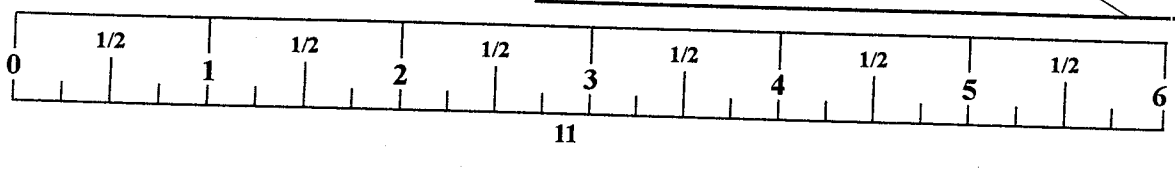
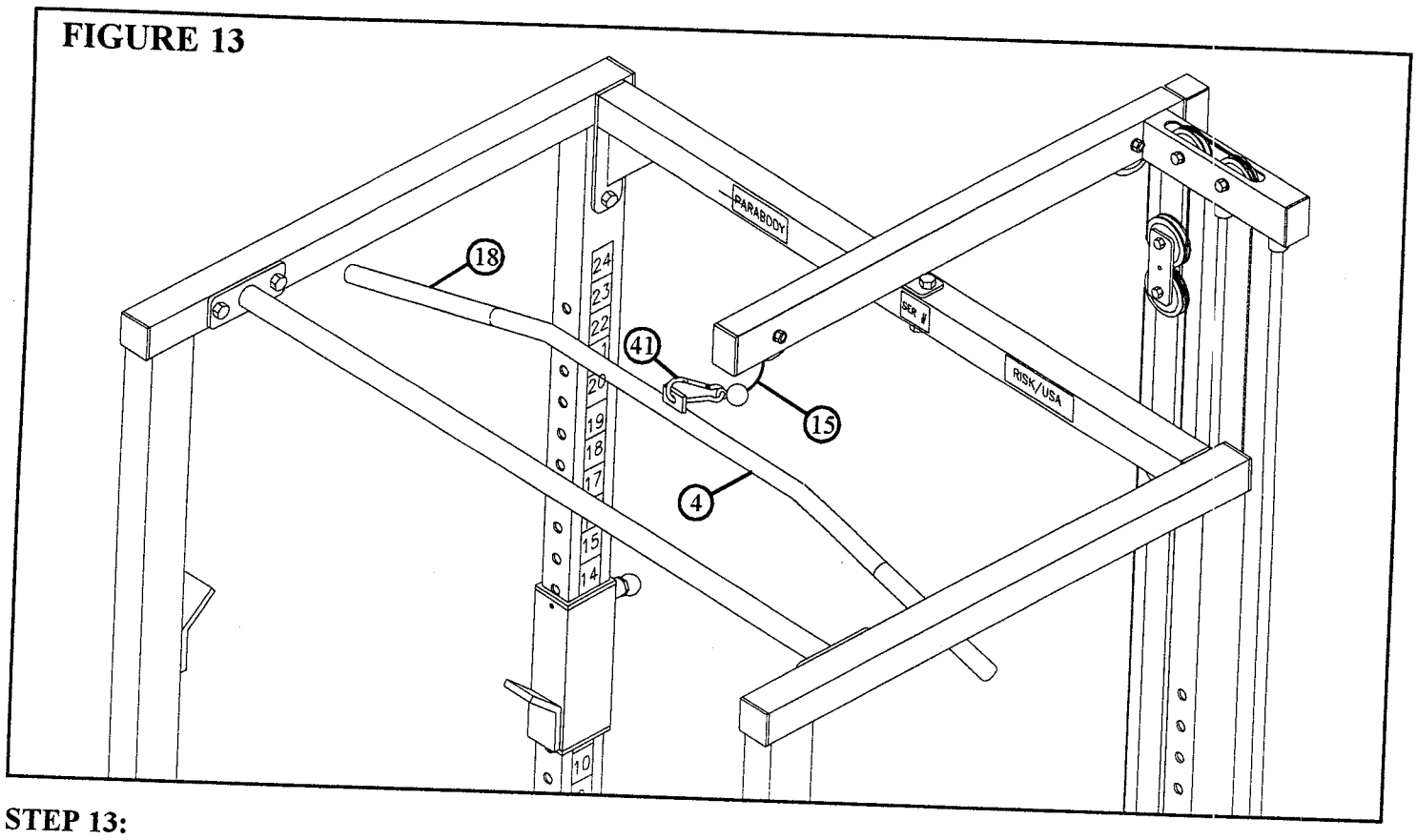


FIGURE 13



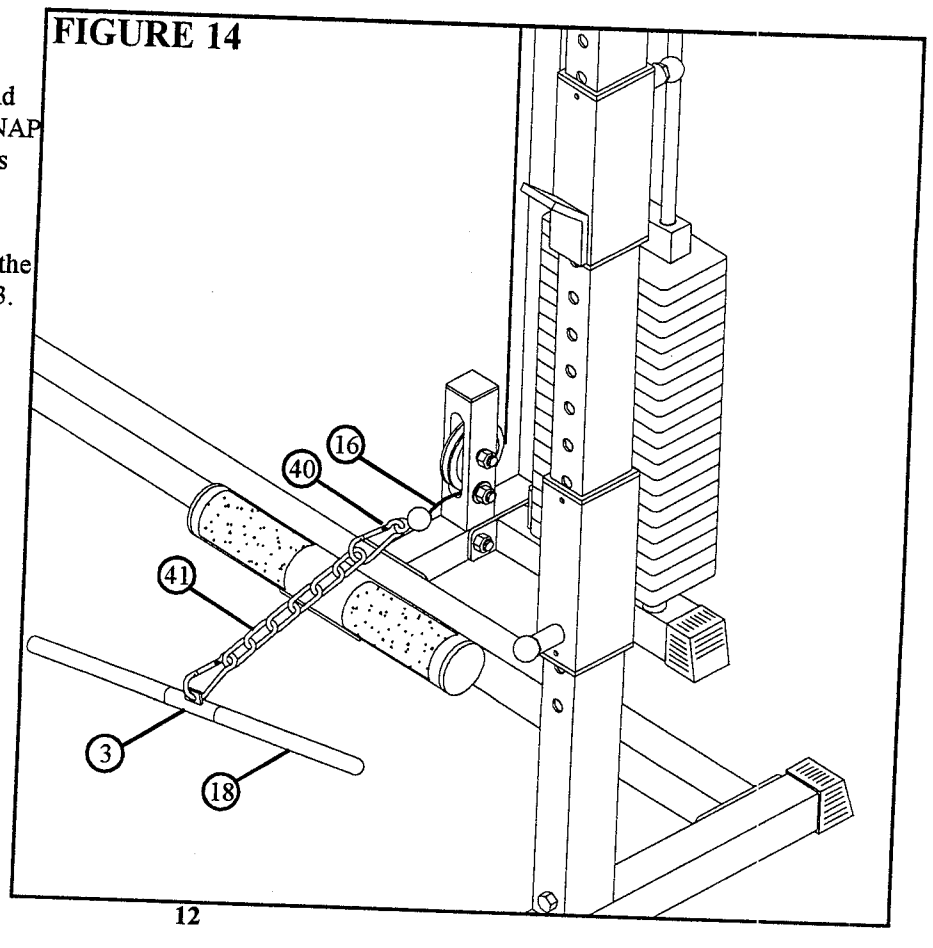
STEP 13:

- Attach the LAT BAR (4) to the ball end of the LAT CABLE (15) using one SNAP LINK (41) as shown in FIGURE 13..
- Slide two 1 X 8" GRIPS (18) over the ends of the LAT BAR (4) as shown in FIGURE 13.

STEP 14:

- Attach the LOW ROW BAR (5) to the ball end of the LOW ROW CABLE (16) using two SNAP LINKS (40) and one 12 LINK CHAIN (41) as shown in FIGURE 14.
- *Slide* two 1 X 8" GRIPS (18) over the ends of the LOW ROW BAR (3) as shown in FIGURE 13.

FIGURE 14



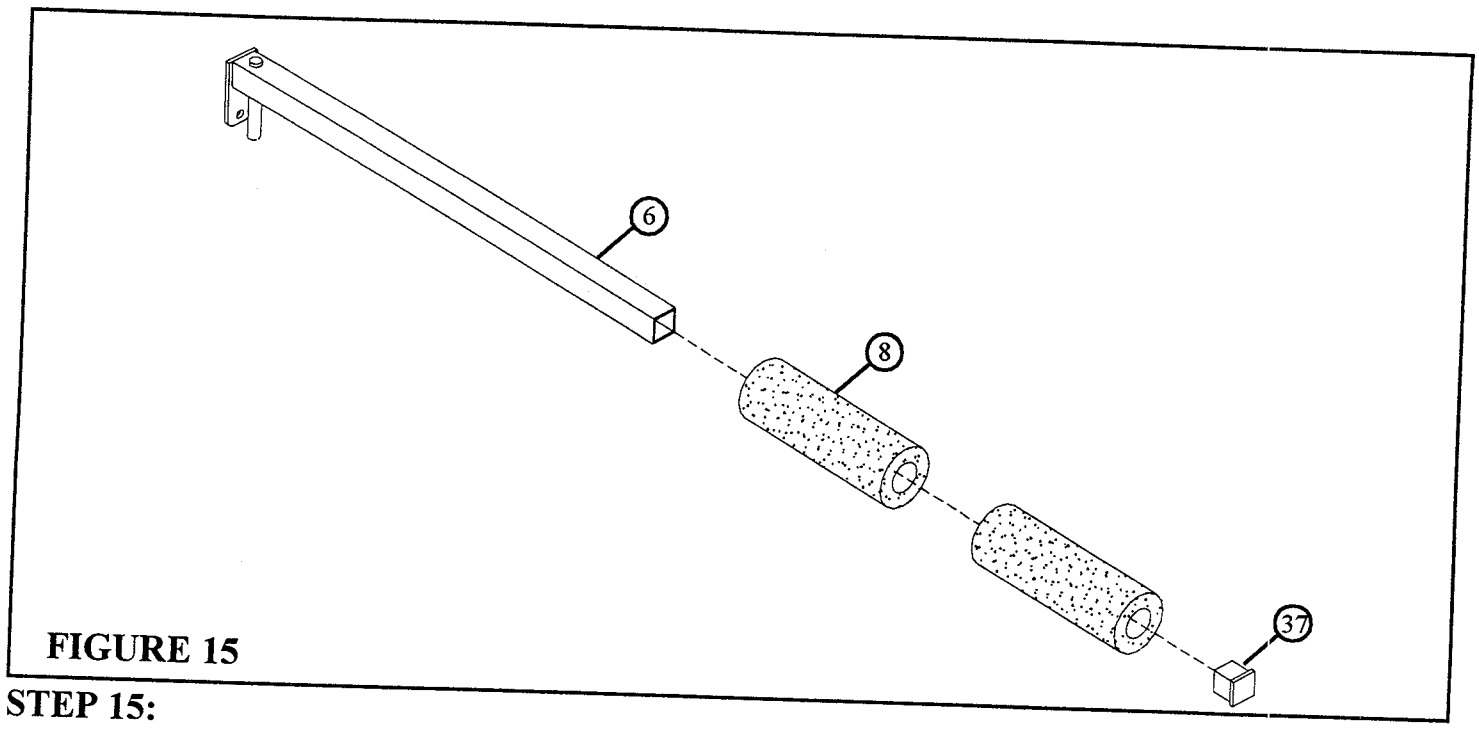
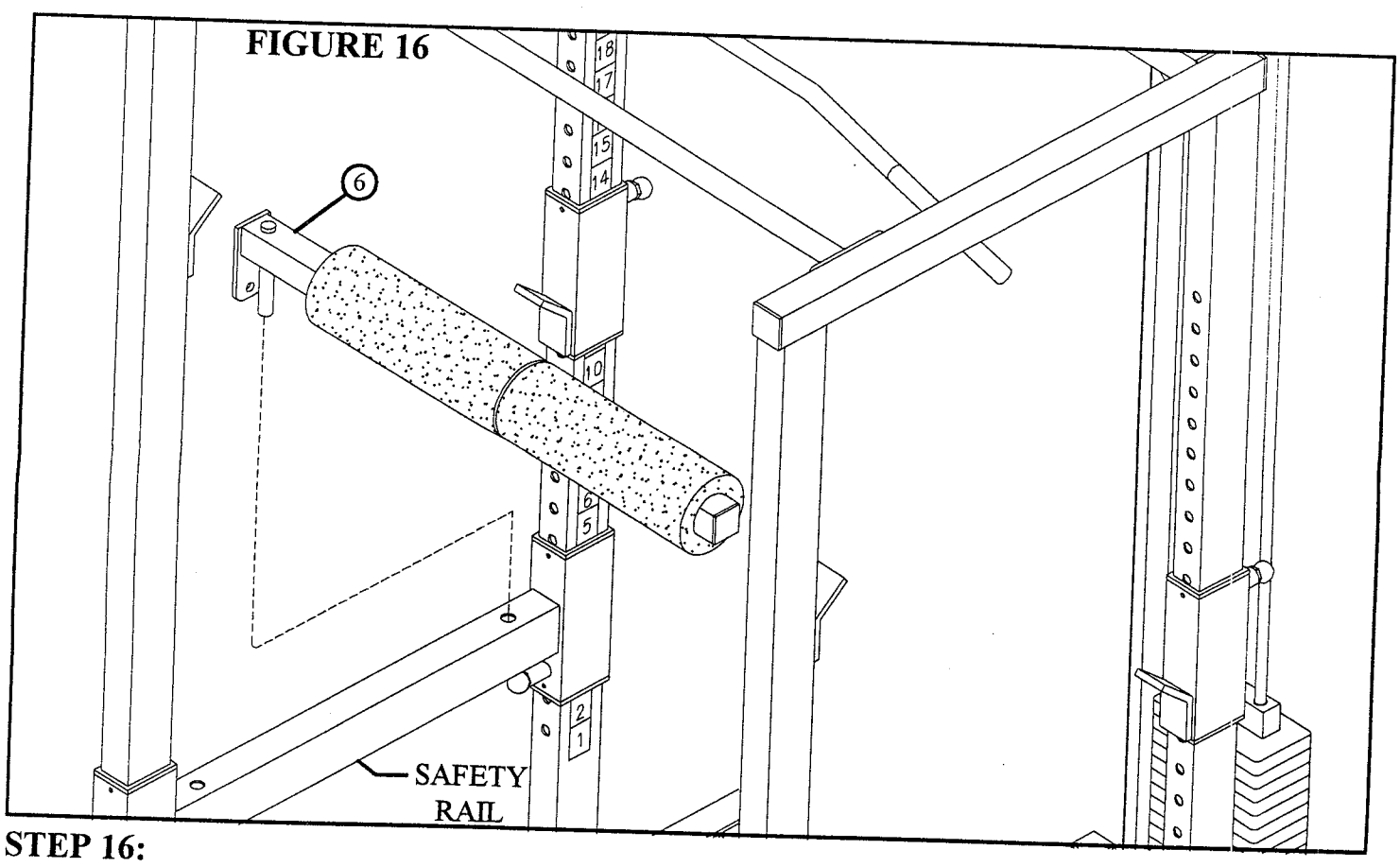


FIGURE 15

STEP 15:

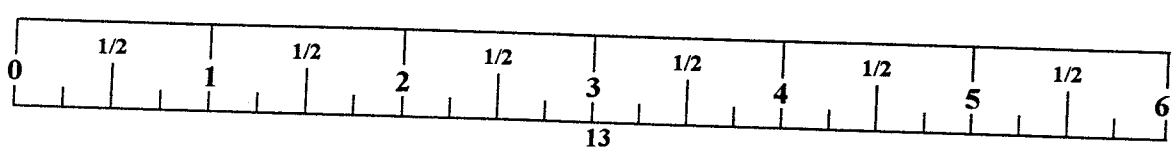
- Slide two ROLLER PADS (8) onto the KNEE SUPPORT (6), then insert one 1-3/4" SQ. END CAP (37) into the end of the KNEE SUPPORT (6) as shown in FIGURE 15.

FIGURE 16



STEP 16:

- When performing the LAT PULL exercise, insert the KNEE SUPPORT (6) into the hole of the SAFETY RAIL as shown in FIGURE 16 and simply lower the SAFETY RAIL down until roller pads contact knees.



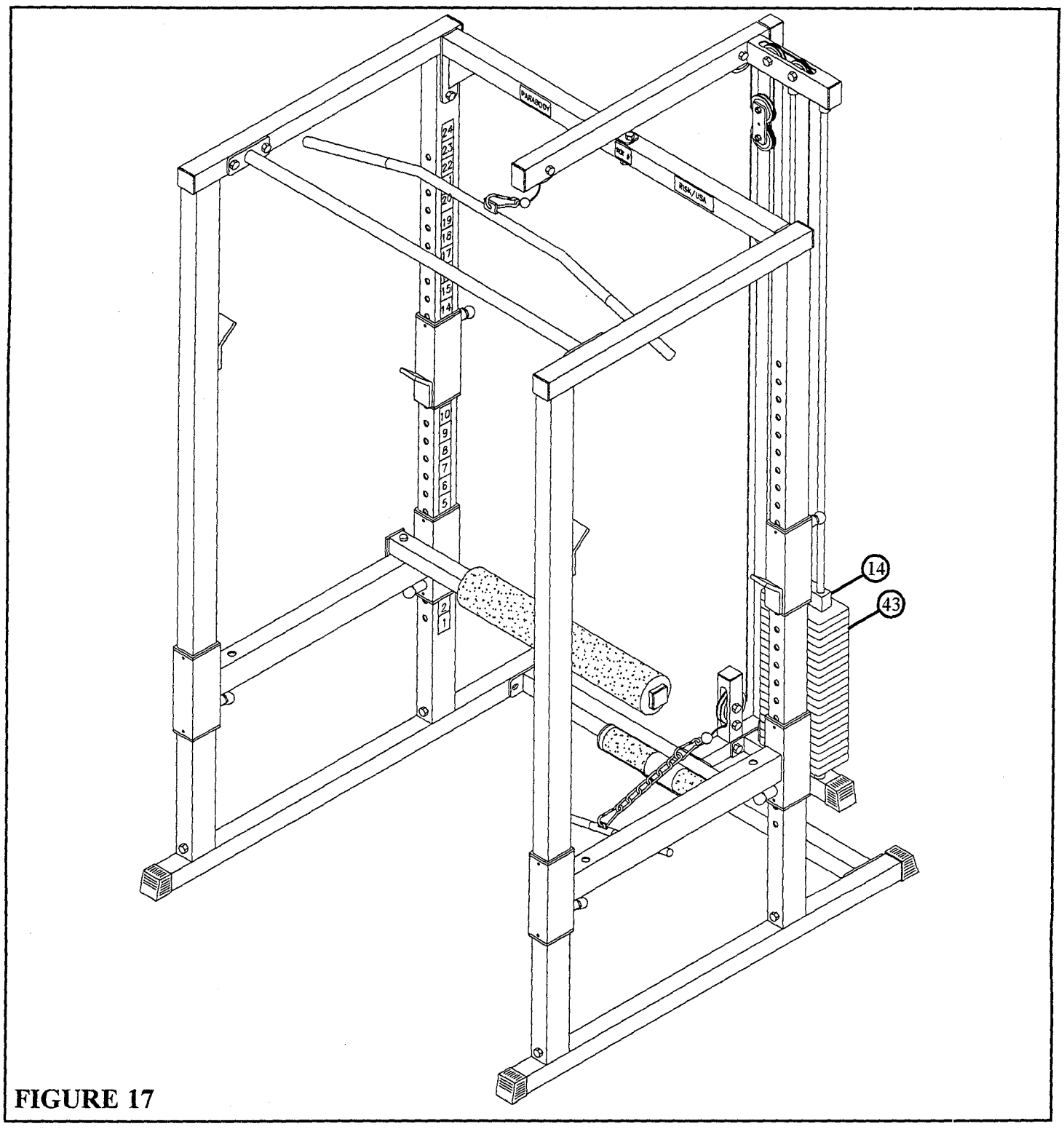


FIGURE 17

STEP 17:

- If upon completion of assembly, the HEAD PLATE (14) does not sit on top of the first WEIGHT PLATE (43), push the HEAD PLATE (14) down, insert the WEIGHT STACK PIN (39) and perform several repetitions at the press station. This will relax the cable system and prevent the HEAD PLATE (14) from lifting up. See FIGURE 17.
- If after completing previous step, the HEAD PLATE (14) still does not sit on top of the first WEIGHT PLATE (44) or if there is excess slack in the cable system, adjust the threaded end of the LAT CABLE (15) and the LOW ROW CABLE (16) accordingly and retighten the jam nut. See FIGURE 17.
- Make sure all connections are tight and secure.

THIS CONCLUDES THE ASSEMBLY OF THE 841101 WEIGHT STACK OPTION